

Service Area Plan

Department of Health

Local Family Planning Services (44005)

Service Area Background Information

Service Area Description

Local family planning services provide primary and secondary prevention, as well as health promotion, diagnosis and treatment. Family planning counseling is an example of primary prevention. The counseling involves specific intervention to protect against an unintended condition (pregnancy), or to plan for a future pregnancy. This is a voluntary program that offers all men and women in the Commonwealth, regardless of financial status, a means to exercise personal choice in determining the number and spacing of their children. Secondary prevention such as Papanicolaou smear or Chlamydia screening promotes early case finding for cervical cancer and infertility. Health promotion activities such as nutrition counseling, smoking cessation, and behavioral risk reduction counseling all focus on activities that increase a person's overall level of health and health awareness. Family planning services assist individuals in preventing sexually transmitted infections and play a major role in the early detection of breast and cervical cancer. Local family planning services also include:

- Promotion of abstinence education and family involvement messages to minors seeking services,
- Provision of acceptable and effective methods of contraception, and
- Pre-conceptional counseling.

Service Area Alignment to Mission

This service area is directly aligned with the mission of the Virginia Department of Health to promote and protect the health of Virginians by providing primary and secondary prevention, health promotion, diagnosis and treatment. Family planning allows sexually active persons the option of postponing children until they are financially, emotionally and physically able to bear the responsibilities of parenthood. Promoting abstinence as the only sure way of preventing unwanted pregnancies and sexually transmitted infections among those not married. Prevention of teen pregnancy helps teens to meet education and career goals prior to childbearing, increasing their potential to become independent contributing citizens of Virginia. The development of sexual responsibility encourages healthy attitudes toward marriage and family

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Service Area Statutory Authority

Code of Virginia § 32.1-2 requires VDH to administer a comprehensive program of preventive, curative, restorative and environmental health services, including prevention and education activities focused on women's health.

Code of Virginia Section 32.1-11 authorizes the Board of Health to formulate a program of environmental health services, laboratory services and preventive, curative and restorative medical care service, including home and clinic health services.

Title X of the Public Health Service Act, 42 U.S.C. 300, et, seq
Public Law 91-572, Section 1001.

Title X (42 CFR Part 59, Subpart A) – Regulations governing Title X set out the requirements of the Secretary of Health and Human Services, for the provision of family planning services funded under Title X and implement the statute as authorized under Section 1001 of the Public Health service Act.

Federal Title X funding for family planning agencies originates from the Family Planning Services and Population Research Act of 1970, P.L. 91-572. This law was amended in 1975 and 1978 to require Title X projects to provide access to natural family planning, infertility, and adolescent services. These amendments require that economic status not be a deterrent to receiving family planning services.

Code of Virginia §54.1-2969 - States that a minor shall be deemed an adult for the purposes of consenting to services related to birth control, pregnancy or family planning and the diagnosis or treatment of venereal disease.

Virginia Department Health Policy, "Limits on Confidentiality for Minors Choosing 'Do Not Contact' Status" - Minor patients must be informed of the advantages of involving their parents or guardians in their medical care. The advantages of parental involvement include: provision of important medical history, assistance to the minor with making wise decisions, and potential for improving family relationships.

Service Area Customer Base

Customer(s)	Served	Potential
Low income <250% of FPL individuals served	65,686	371,640
Minority patients served	34,445	167,238
Total Individuals served	80,105	371,640

Anticipated Changes In Service Area Customer Base

External (economical, political, technological) pressures will influence changes in the customer base particularly in terms of the number of low-income women.

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Service Area Products and Services

- Service Evaluation
 - Determine customer satisfaction through annual survey.
 - Maintain contact with area professionals to communicate and receive feedback of effectiveness of services being provided
 - Monitor changes in demographics so the proper number of trained staff are available to serve customers. Also need to recognize shifts in customers who do not speak English so bilingual staff or volunteers are available
- Three kinds of prevention services are provided: primary, secondary, and health promotion. Prevention products and services are provided primarily through education and screening.
 1. Primary Prevention
 - Family Planning – this includes counseling involving specific intervention to protect against an unintended pregnancy, or to plan for a future pregnancy and sexual risk reduction.
 - Abstinence promoted to teens and unmarried
 - Current standard and acceptable contraception methods:
 - o Barrier methods, male & female condoms, vaginal foam
 - o Hormonal, birth control pills, transdermal patches or injections
 - o Intrauterine device
 - o Diaphragm, Vaginal Ring
 - o Female or male sterilization [on limited basis according to funding]
 - Risk reduction including limiting number of sexual partners and safer sex practices.
 - Pregnancy testing and management of early prenatal care
 - o Establish there is a pregnancy
 - o Refer to Social Services for Medicaid eligibility
 - o Refer for maternity care with delivery health care professional
 - Preconception counseling and testing
 - Infertility counseling and referrals
 2. Secondary Prevention

These screenings promote early case finding of blood pressure, breast & cervical cancer and infertility. This would include but not be limited to:

 - Breast diseases including cancer
 - Cervical pap smear
 - Chlamydia and other sexual transmitted diseases
 - Blood pressure checks and referrals
 3. Health Promotion
 - Nutrition Counseling
 - Folic Acid supplements
 - Fluoride supplements if appropriate
 - BMI [Body Mass Index] assesses body fat
 - Smoking cessation
 - Referrals for Drug / Alcohol / Addiction
 - Mental Health Referrals
 - Dental Health
 - Immunizations
 - Hepatitis B for those at risk
 - Flu immunization annually

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Service Area Products and Services

- Community Involvement
 - Information dissemination on populations being served.
 - Outreach efforts to at risk populations and the community at large
 - Recruitment of medical providers/facilities (voluntary sterilization program)
 - Partnerships, collaborations, and coalition building with community agencies/providers/programs both internal and external.

Factors Impacting Service Area Products and Services

- Service capacity is affected by available funding
- Access to care
- Immigration of foreign-born persons has caused and is likely to continue to require adaptations to language and cultural barriers.

Anticipated Changes To Service Area Products and Services

- Pap Smear technology advances will improve capability to diagnose and treat
- Immunization against Human Papilloma Virus [HPV] likely to be available in the near future. This sexually transmitted virus is the most common cause for cervical cancer.
- Birth control technology will improve which is likely to attract more clients
- Higher health care costs, fewer employers offering affordable health care insurance, and the Medicaid Family Planning Waiver limiting service coverage to two years post pregnancy will increase the numbers of women seeking publicly funded family planning services.

Service Area Financial Summary

Local health department family planning services are funded by a variety of sources. The major source of funding is through the Cooperative Budget including both state and local matching funds. The service area receives state funds for the purchase of contraceptives and cervical cancer screening services. The service area also receives federal Title X funds to supplement family planning services in the local health departments.

	<u>Fiscal Year 2007</u>		<u>Fiscal Year 2008</u>	
	General Fund	Nongeneral Fund	General Fund	Nongeneral Fund
Base Budget	\$6,279,105	\$9,574,429	\$6,279,105	\$9,574,429
Changes To Base	\$697,497	\$689,813	\$697,497	\$689,813
SERVICE AREA TOTAL	\$6,976,602	\$10,264,242	\$6,976,602	\$10,264,242

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Service Area Objectives, Measures, and Strategies

Objective 44005.01

Increase the number of individuals served who are in need of publicly funded family planning services.

Local health departments are committed to identifying people in need of these services and providing comprehensive contraceptive services including preconception counseling, assistance with method of choice, education for understanding of product/method use, follow-up and or referral for any other medical issues that may arise from the services received.

This Objective Supports the Following Agency Goals:

- Promote systems, policies and practices that facilitate improved health for all Virginians.
(This objective also aligns with Virginia's long term objective to inspire and support Virginians towards healthy lives and strong and resilient families.)

This Objective Has The Following Measure(s):

- **Measure 44005.01.01**

Number of individuals served

Measure Type: Output

Measure Frequency: Annually

Measure Baseline: Local Health Departments provided family planning services to 80,105 customers in CY04.

Measure Target: 80,905 (1 percent increase) in CY07.

Measure Source and Calculation:

Virginia Department of Health Web VISION

Objective 44005.01 Has the Following Strategies:

- Assure provision of family planning services which comply with state and federal Title X Family Planning Program requirements.
- Increase public awareness of local health department family planning services within the general community with a focus on hard to reach and high risk populations.
- Collaborate with community partners to provide access to health department family planning services for women in need.
- Provide a range of appropriate, affordable and safe contraceptive methods for women in need.
- Identify and address barriers to access such as language, transportation and appointment availability.
- Assess customer satisfaction with quality of health department services and modify as indicated.

Objective 44005.02

Reduce the teenage pregnancy rate.

- The United States has highest pregnancy and birth rates of any industrialized country. The negative consequences of teen motherhood include: less likely to complete high school [only 32% of those with one child complete high school], dependent on welfare, more likely to have more children sooner on a limited income, and more likely to abuse or neglect the child.
- The negative impacts on the child include:

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Low birth weight and prematurity more likely,
Higher percent of school failure,
Insufficient health care, and
Increased chance of being abused or neglected

In the United States the teen birth rate declined steadily from 1960 through the mid-1970s, stayed fairly constant for the next decade, then increased 24 percent between 1986 and 1991. Between 1991 and 1999, the teen birth rate decreased 20% to a record low. This decline has continued into this century. [National Campaign to Prevent Teen Pregnancy analysis of Henshaw, S.K., U.S. Teenage Pregnancy Statistics, New York: Alan Guttmacher Institute, May 1996]

Virginia has also seen a continual steady decline of teen pregnancy rates. In 1987 the rate was 45.6/1000 compared with 27.4/1000 in 2003. [Virginia Center for Health Statistics]

This Objective Supports the Following Agency Goals:

- Promote systems, policies and practices that facilitate improved health for all Virginians.
(This objective also aligns with Virginia's Long Term objective to inspire and support Virginians towards healthy lives and strong and resilient families.)

This Objective Has The Following Measure(s):

- **Measure 44005.02.00**
Teen pregnancy rate

Measure Type: Outcome **Measure Frequency:** Annually

Measure Baseline: Virginia Teen Pregnancy rate for 15-19 year olds was 52.3 per 1,000 in 2004.

Measure Target: 51 per 1,000 by end of FY07.

Measure Source and Calculation:

Virginia Department of Health Center for Health Statistics

Objective 44005.02 Has the Following Strategies:

- Promote abstinence as best choice for teens
- Provide intensive education about sexual health, making healthy choices and avoiding risky behaviors.
- Encourage family involvement in making decisions about sexual health.
- For teen choosing to be sexually active, provide information about contraceptive methods and help select the method best suited for them.
- Assess teen's satisfaction with local health department services and modify as indicated.
- Identify and remove barriers to teens receiving local health department services such as transportation and appointment availability.
- Increase public awareness of health department services for teens
 - Health fairs in private and public schools and colleges
 - News articles
 - Media coverage
- Develop community partnerships with public and private agencies, governing bodies, parents and youth to address teen pregnancy prevention.